

# Rufty Holmes Senior Center Lunch Clubs

## FEBRUARY 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>West Rowan Site Open Mon Thru Fri For Grab &amp; Go Hot Meals</b>	<b>East Rowan and LaFayette open Mon Thru Fri</b>	<b>Call 704-216-7702 To Register as new Client</b>	<b>JOHN CALVIN LUNCH SITE REOPENING FEB 1, 2021</b>	<b>SOUTH ROWAN (FROZEN MEALS ONLY)</b>
1 Baked Spaghetti Carrots Apple Crisp Roll, Juice and Milk	2 BBQ Chicken Buttered squash Lima Beans Rice, Juice and Milk	3 Chili Beans Broccoli Corn Corn Bread, juice and Milk	4 Pork Loin/w mustard greens Cabbage Harvard Beets Roll, juice and Milk	5 Chicken Parmesan Buttered Pasta Carrots, Green Peas Roll, milk and juice.
8 Beef Stroganoff over egg Noodles, Green Beans, Glazed carrots Roll. Juice and milk	9 Chicken Breast w/Herb Sauce, Roasted Potatoes Ratatouille, rice Juice and Milk	10 Baked Macaroni & Cheese Navy Beans, Collard greens Cornbread muffin Juice and milk	11 Meatloaf Mashed Potatoes w/gravy Steamed squash roll. Juice and Milk	12 Turkey Tetrzzini Corn Green Beans Roll. Juice and Milk
15 Shepherd's Pie Stewed Tomatoes Steamed Broccoli, Roll Juice and milk	16 Chicken and dumplings, Black eye Peas Turnip Greens, Juice and milk	17 Sweet and Sour chicken w/rice Carrots Green Beans Juice and Milk	18 Salisbury Steak, mashed potatoes, Spinach Roll. Juice and milk	19 Slice Ham w/glaze Broccoli Casserole Sweet potatoes, Cornbread muffins, Juice and Milk
22 Beef tips over rice, Broccoli Stewed Tomatoes, Roll. Milk and Juice	23 BBQ Chicken Lima Beans, Cauliflower, Roll, Juice and Milk	24 Pinto Beans, Collard Greens, Succotash, Cornbread Muffin, Juice and milk	25 Hamburger Patty Oven Roasted sweet potatoes, Baked beans, Hamburger buns. Milk and juice	26 Chicken & Noodles Roasted sweet potatoes Harvard beets and roll. Juice and milk

- Keep meals frozen until ready to eat.
- Reheat the meals for 6-10 minutes in the microwave above 165 degrees.
- The milk will thaw in 24 hours in refrigerator. Shake well before consuming Keep cold foods under 41 degrees